



Rolo Hendrickson Barn

• This colorful barn at 641 East Main Canyon Road in Wallsburg, belongs to Doyle Graham and is a hay barn with a milk shed on one side. It was built by Rolo Hendrickson about 60 years or more

ago of red pine. The roof is metal and probably replaced the original roof many years ago. It is interesting that there is snow next to the barn, and yet the grass in front of it is green. Along with the pink color in

the milk shed, it makes quite a colorful picture.

Informants: Reed Ford and Doyle Hendrickson.

Fight Cancer Through Daily Exercise

The War

Whether it is an organized exercise activity, a regular walk or jog, simply taking the stairs instead of elevators or parking at the far end of the supermarket parking lot, a body that is physically fit often stands a much better chance of warding off many cancers, according to the American Cancer Society.

"Exercise every day" is the sixth choice of the American Cancer Society's new '7 Simple Choices' campaign which targets Utahns of all ages by offering lifesaving information. This cancer fighting campaign focuses on preventing cancer

real benefits which result in better health and well-being.

"This campaign offers a new easy way to tight cancer. It helps people make healthy lifestyle choices," said Dr. Charles Smart, a long time American Cancer Society volunteer.

Regular exercise helps control weight, lessening the danger of obesity, which has been linked to a number of cancers, including breast, ovarian, cervix, colon and prostate. Plus, time spent exercising is very often time not spent eating fatty, calorieladen snacks.

planning and reproductive health program. Services include physical exams, pap tests, venereal disease test, pregnancy testing, counseling and education, and contraceptive supplies. Examinations are performed by a nurse practitioner. Costs are reasonable. No one will be denied use of the clinic; all services are confidential.

For more info, or an appointment, call **649-5989**.
Hours: Mon., Tues., Thurs., Fri., 9 a.m. - 5 p.m.

Many researchers now agree that warmup enhances athletic as well as every day general performance and prepares an individual physically and mentally for the training ahead. A warmup is necessary in order to elevate a persons readiness for action, from a resting state, and reach a state of high muscle and nerve efficiency prior to beginning the main part of a workout.

Like priming a pump, you have to prime the body's resources for action. As a result of warmup, body temperature is raised. This appears to be one of the main factors in improving performance and general conditioning. It is very important to

volunteered time and money last year, thanks for all you've given. Imagine what more could do. Call 1-800-55-GIVE 5. It's what in the world you can do.

